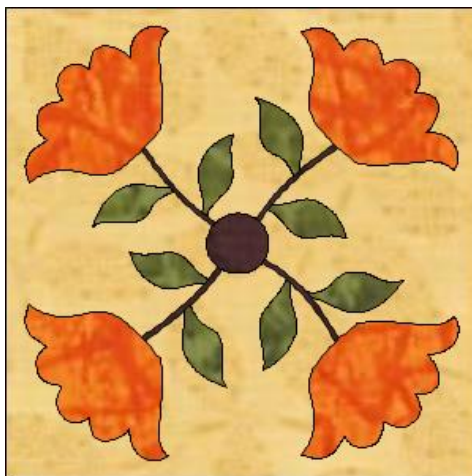


Appliqué Blocks



You can choose which type of appliqué you would like to do but the following instructions are for machine appliqué using appliqué paper.

Make sure you have an open toe foot on your machine.

Make sure that you have a new needle in your machine. I like to use a Microtex needle - a number 75 or 80 is a good size. These needles are sharp, won't fray the edges of your fabric and they won't make big holes in your work.

Use a good quality thread such as Mettler silk finish. This thread is slightly thicker and creates a beautiful stitch. Your thread should either perfectly match the colour of the motif being stitched or contrast strongly with the motifs.

Use stitch and tear stabilizer on the back of your work. Make sure you pin it from the front so that you can see your pins when you are stitching.

Do a test run of the stitches you would like to use. Keep practicing until you are completely confident. Even your practice piece should have stabilizer on the back.

Test that your fabric for the flowers is not too light. If it is, the fabric of the stems may show through to the front of your flowers. This is not what you want.

You can choose to do either Blanket stitch, Buttonhole stitch or Satin stitch.

The difference between Blanket and Buttonhole stitch is as follows. In Blanket stitch, the stitch width and stitch length are the same. In Buttonhole stitch the stitch length is shorter than the width.

Cutting

Cut five 15½ inch squares of background fabric - use the markings on your cutting mat to measure the size of this large square.

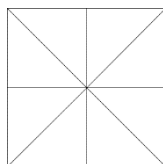
For the flowers, use your contrasting fabric.

For the leaves use one of your darks.

For the stems and the centre circle, use the other dark.

Method:

1. Find the centre of the background square by folding the square in half from corner to corner in both directions to form triangles. Press the creases.
2. Repeat the process but this time fold the background in half to form rectangles in both directions. Press the creases.



3. Trace the motifs onto the smooth side of your appliqué paper. Group like motifs together on your appliqué paper so that all the motifs using the same fabric can be ironed onto the same fabric at once. This will save you time. You will need:
 - a. 20 flowers
 - b. 20 of each leaf which makes 40 leaves
 - c. 20 stems
 - d. 5 circles
4. Cut roughly around the groups of motifs (NOT ON THE LINE) and iron them to the **WRONG** side of the chosen fabric.
5. Cut out each motif neatly along the line using a sharp pair of scissors but not use your fancy fabric scissors!
6. Once the motifs have cooled, score the paper to tear it off. Don't fiddle around the edges as your fabric may start to fray.
7. Once you have all your motifs ready, place them where you would like them to go. Use the centering lines on your background square for help in placing the motifs. Do not iron anything in place just yet.
8. Remember that the stalk of the leaves will need to be placed underneath the stems. The one end of the stems needs to be placed underneath the flowers and the other end underneath the circle. The stems should be positioned using the diagonal fold lines as a guide.
9. Once you are comfortable with the position of all your motifs, check that you have at least two and a half inches all the way around the edge of your appliqué design. You do NOT want your motifs to be too close to the edges.

10. Once you're happy with the placement, mark the placement of your pieces with a pencil. Make sure that you mark underneath the motifs so that your markings will not be visible.
11. Take a photo of your placement. Remove everything except the leaves. Iron the leaves in place.
12. Before you start stitching, remember to put stabilizer on the wrong side of the background fabric. Start stitching at the stalk of the leaves, leaving at least a 4 inch tail of thread top and bottom, and stitch all the way around the edges of the leaves. End off by pulling your thread tails through to the back of your work. Secure it with a knot and snip off the ends.
13. Place your stems in place and stitch in the same way making sure that you have the correct thread in your machine.
14. The next step is to iron your flowers in place and then to stitch those down.
15. Lastly iron and stitch the circle in place in the centre of the block.
16. Remove the stitch and tear from the back. Get as much as possible off of your block. Use a pin and some tweezers if needed. Don't be tempted to use your fingernails. Your nailbeds will get bruised.
17. Repeat the process until you have all 5 blocks made.
18. We will trim the block down to size a little later in the process.

